

A Healthy Start With WIC

What can increase the chance of a woman being healthy and having a healthy baby?



Women who see a doctor for regular medical care, follow a nutritious diet, and avoid risks like smoking, drinking alcohol, and exposure to harmful substances have a better chance of being healthy and having a healthy baby. Babies, too, need a regular healthcare provider, immunizations, and the right diet. WIC supports pregnant women and their babies in meeting these goals.

What is WIC?

WIC is a nutrition education program designed to help mothers and babies stay healthy and eat right. The program provides:

- Free nutrition checkups for eligible moms and children
- Group sessions with a nutrition expert
- Healthy recipes
- Referrals to other services (social services, home-visiting, health care, etc.)
- Access to healthy foods
- Support and help with breastfeeding



Who is eligible for the WIC program?

Residents of Virginia who:

- Are pregnant, breastfeeding, or just had a baby
- Babies and children up to their 5th birthday
- Medicaid and SNAP recipients, or someone who meets other income eligibility requirements

For more information: www.wicva.com



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